

After-Holidays Non-diet 2: menu plan for the second day

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A reader asked me why in this After-Holidays Non-diet I "impose" not to drink alcoholic beverages. The answer is simple: despite the wide debate on the health advantages and disadvantages of alcohol, a detail that is often overlooked is its caloric value. One gram of alcohol provides 7 kilocalories (kcal). A glass of wine (125 ml), provides about 90-95 kcal, a can of beer (330 ml) provides from 90 to 140 kcal and more, depending on the alcohol concentration. So in a period of "detoxification" and of reduced caloric intake, a few weeks without alcohol can help reduce the total calories of the diet.

Here is the menu for a second day of not diet.

In this second menu I have changed the order of lunch and dinner, to help those, for example, that bring lunch to work.

Menus and recipes for the second day of "non-diet" (you can print the attached pdf)

- when you wake up: 1 glass of water
- breakfast: fresh fruit and nuts salad. Tea or coffee (preferably without sugar).
- snack: a low-fat yogurt, a wholewheat rusk
- lunch: brown rice with vegetables, mixed salad
- snack: a pear
- dinner: salmon steak with rosemary, steamed beets with oil and lemon, oregano croutons.
- drink 8 glasses of water between meals
- physical activity: 30 minutes of brisk walking. One hour of activity in the gym or other intense activity (swimming, biking, running, dancing, etc.).

Fresh fruit salad (serves 4)

- an apple
- a pear
- a banana
- juice of two oranges
- walnuts, almonds, hazelnuts, ... 80 g
- dried apricots, 40 g

Wash the fruit and cut it into cubes. Add the orange juice, the chopped nuts and the dried fruit. Consume immediately, not to lose the vitamins. If needed, store in the refrigerator in a tightly closed container for up to a day.

Raw rice with vegetables (for 4 people)

- brown rice, 320 g
- broccoli, 600 g
- a couple of anchovies, or 1 teaspoon anchovy paste
- EV olive oil, 2 tablespoons
- garlic, 1 clove

Boil the rice

Boil the broccoli (steamed or in a pressure cooker, but be sure not to overcook them). Drain.

Combine rice and broccoli. Season with olive oil and finely chopped garlic and anchovies. Serve hot or cold, as desired.

To save time: cook a larger amount of rice. It keeps well in a tightly closed container in the refrigerator for 3-4 days.

Salmon with rosemary (for 1 person)

- fresh salmon, a slice or a piece of fillet, 150 g
- rosemary 3-4 sprigs, or a handful of leaflets
- some water

Cover the bottom of a nonstick frying pan with lots of rosemary and one table spoon of water. Heat. Add the salmon steak and cook over high heat, covered, for about 5 minutes. Serve hot.

To save time: you can also prepare a larger amount of salmon. Store it in the refrigerator in a tightly closed container for up to 2 days. You can add rice or pasta to make it a main dish, or mix it with corn and mixed vegetables for a light fish salad.

Oregano croutons (for 1 person)

- two slices of whole wheat bread (60 g)

- oregano
- EV olive oil, 1 table spoon

Preheat the oven (grill, 250°C). Season the slices of bread with some oregano and some EV olive oil. Grill for a few minutes. Consume hot.